

Cessation Resources in Hawai'i

All HMSA Members (including QUEST), with the exception of QUEST-Net, Children's Plan and 65+ Plans are eligible for:

1 Free individualized multi-session telephone-based cessation counseling and follow up for 18 months.

- Monday thru Friday: 8 am to 4 pm
- O'ahu: 952-4400
- Neighbor Islands: 888-225-4122

2 Free Group Therapy, except Federal Employees Plan (FEP) members must pay \$25:

- Members must enroll in *Ready, Set, Quit!* to activate this program benefit.
- Referral Sites:

- Castle Medical Center
- Straub Clinic
- Queen's Medical Center
- New providers may join the program. Call *Ready, Set, Quit!* for a current list.

Kaiser Permanente

Enter programs by Kaiser staff or physical referral or self-referral Group Program: 1 hour 1x session, with phone call follow-up (generally 3x)
Fee: Members: registration fee
Non-members: \$25.00
808-432-2260

Telephone Quitlines:

American Cancer Society
800-ACS-2345

American Legacy Foundation
Great Start (for pregnant women)
866-667-8278

American Lung Association
800-548-8252
800-LUNG-USA
toll free: 866-QUIT-YES

Smoking Quitline

Cessation support counseling
Free
877-448-7848 (877-44U-QUIT)
or 800-4-CANCER
TTY (for deaf and hard of hearing callers):
800-332-8615

HMSA: Ready, Set, Quit!

For HMSA members
O'ahu: 952-4400
Neighbor Islands: 888-225-4122

Kaiser Permanente

Free & Clear telephone-based counseling
\$25 registration fee is refundable if you participate in all 5 telephone appointments
800-292-2336

Queen's Quit Tobacco Hotline
808-537-7300

Websites

Resource Center of Massachusetts
www.trytostop.org

**NCI (National Cancer Institute)
CIS (Cancer Information Service)**
www.smokefree.gov

Kaiser Permanente (members only)
www.kponline.org

Quitnet (Boston University)
www.quitnet.com

UH Manoa Smoking Cessation Program
www2.hawaii.edu/~cadelini

American Lung Association of Hawaii
www.ffsonline.org

Youth Websites

GottaQuit.com

<http://nobutts.ucsd.edu>
UC San Diego targets teen smoking

Linda Lingle, Governor of Hawai'i
Chiyo Leina'ala Fukino MD,
Director of Health

**Tobacco Prevention and Education
Program**
Hawai'i State Department of Health
1250 Punchbowl Street, Room 217
Honolulu, Hawai'i 96813-2416
Telephone 808-586-4613
Toll free 888-810-8112 Fax 808-586-8252

The Tobacco Prevention and Education Program of the Hawai'i State Department of Health is funded under the Centers for Disease Control and Prevention (CDC) Office on Smoking and Health (OSH) National Comprehensive State-Based Tobacco Use Prevention and Control Program.



CleanBreak

HAWAII

Cessation Resources in Hawai'i

Nondiscrimination in Services We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call this program or our departmental Affirmative Action Officer at Box 3378, Honolulu, Hawai'i 96801-3378 or at 808-586-4616 (voice/tty) within 180 days of a problem.

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WHERE TO
FIND HELP

WHEN
YOU WANT
TO QUIT

Group/ Individual Sessions

Hawai'i

Kaiser Permanente

Hilo 934-4000
Kona 334-4400
Waimea 881-4500

Quit Quarters

Upstairs Kaiwi Square in the Old Industrial Area

9 sessions over a 7 wk period

Kailua-Kona, Kealahou, Waimea & Hawaii 808-990-QUIT(7848)

Tutu's House

Session offered 2x/mth

Program: 1 hr 1x session with follow-up contact

Free: 808-885-6777

Kaua'i

Kaiser Permanente

Free & Clear (telephone-based counseling)
\$25 registration fee refundable if participate in all 5 appointments
800-292-2336

Malama Kaua'i

(for pregnant women and young moms)
245-3081

Fresh Start at PMRF

For enlisted personnel only.
Contact HM1 Ladd Golden

NOT on Tobacco

(program in high schools)
245-4142 or John Hunt 241-3497

Lana'i

American Cancer Society

Call: 244-5553 (ACS-Maui)
4 (1-hour) sessions (2x/week)
Free of charge

Maui

American Cancer Society

95 Mahalani Street
Wailuku, Hawaii 96793
244-5553
4 (1-hour) sessions (2x/week)
Free of charge

Community Clinic of Maui

48 Lono Avenue
Kahului, Hawaii
872-4075 / 871-7772

Open to the Public

Comprehensive Cessation Program:

- Group, Individual, or Combination Behavioral Counseling
- Pharmacotherapy may be included if you qualify
- Follow-up included

Kaiser Permanente

Kihei 891-6850
Lahaina 662-6950
Wailuku 243-6400

Kihei-Wailea Medical Center

Piilani Village Shopping Center
221 Piikea Ave., Suite A
Saturdays 1-3 pm for 3 wks (6/hrs)
Fee: \$25 if no HMSA
808-874-8100

Moloka'i

Dr. Jill Berry, Clinical Psychologist

Group Counseling:
10-week sessions
Tuesday evenings: 1-2 hours
Free, Open to the Public
(Subsidized by Tripler Army Medical Center)
Location: Na Puuwai Native Hawaiian Healthcare
Doctor referral required due to combination with pharmacotherapy.
Call 808-560-3653

American Cancer Society

Call: 553-5154
4 (1-hour) sessions (2x/week)
Free of charge

O'ahu

American Lung Association of Hawaii

Freedom from Smoking Clinics (available at Straub, Kaneohe, and Big Island)
NOT on Tobacco (services for teens available at schools and community)
Call 537-5966 x305 for further information

Castle Medical Center

1 BreakFree Hawai'i Program
5-session group program to prepare smoker to make the commitment to quit smoking.
\$100 (YMCA member: \$50)
2 Breathe Free Plan
9-session group program to help smoker through process of quitting "cold turkey"
\$100 (YMCA member \$50)
3 Smoking Cessation Clinic
Individualized smoking cessation
\$75 first session, \$50 for each follow-up session thereafter
(YMCA members: Free- first session, \$50 for each follow-up session thereafter)
Phone 263-5400

Free For Life Tobacco Cessation

2 sessions for 2 wks (2 hrs/session)
Fee: \$50/person
235-2284

Kaiser Permanente

Honolulu 432-2300
Koolau 432-3800
Moanalua 432-8400
Nanaieola 432-3500
Punahoa 432-3100

Kalihi-Palama Health Center

Cessation counseling for low-income pregnant women and young parents in Kalihi
Monday afternoons; Friday mornings
791-6329

Kokua Kalihi Valley

Cessation counseling for low income, high risk pregnant women utilizing KKV services
791-9400

Queen's Medical Center

Smokeless Class (group sessions); fee: \$90
3 weeks: (plus follow-up calls)
Week 1 **Preparation**, 1 night (2 hours)
Week 2 **Treatment**, 4 days (2 hours each day)
Week 3 **Maintenance**, 2 days (2 hours each day)
Retake classes at no cost as long as smoker still has written materials and manual.
Group counseling: (\$5 donation) Patient is responsible for cost of medication
1 Medication Clinic: counseling with use of NRT or prescription medication
2 Hypnosis Clinic: Support groups: (call to register) 4th Wednesday of each month. Free
Hotline: 537-7867

Straub Clinic

Group Sessions (in partnership with American Lung Association of Hawaii)
8 sessions over 8 weeks
2 hours per session
Monday evenings, 5-7 pm at Pearl Ridge satellite
\$100 (except if covered by HMSA)
522-4325

UH Manoa: Center for Substance Abuse

Manoa Campus Program
Students: Free
Staff and Faculty: \$10 per session
956-3453

Waianae Coast Comprehensive Health Center

Group Sessions:
4 Sessions (1 hr / once a week)
Support sessions once a month thereafter
Individual Counseling available
Free
696-1599

Statewide

Alliance of Hawai'i Hypnotherapists

Educational and referral to local hypnotherapists
521-2999

Hawai'i Acupuncture Association

538-6692

American Lung Association

Not-On-Tobacco (NOT) Teen cessation program for schools and communities
Call 537-5966 x305 for further information

Diverse Populations

The Center

P.O. Box 22718
Honolulu, Hawaii 96823
www.thecenterhawaii.org/tobacco
951-7000

Tripler Army Medical Center

Behavioral Medicine Service
For Military Families, Retirees, and Family of Retirees
1/hr session for 10 wks, behavioral and pharmacotherapy. Free
433-1498

Self-Study Materials

American Cancer Society

800-ACS-2345
www.cancer.org
Hawaii: East Hawai'i (Hilo) 808-935-9763
West Hawai'i (Kona) 808-334-0442
Kauai: 808-245-2942
Maui/Moloka'i/Lana'i: 808-244-5553
Oahu: Honolulu: 595-7544
Central/Leeward: 486-8420
Windward: 262-5124

American Lung Association of Hawaii

Kauai: 245-4142
Oahu: 808-537-5966 x305
Neighbor Islands: 800-LUNG-USA
www.ffsonline.org
www.lungusa.org

American Heart Association

800-AHA-USA1 (242-8721)
Kauai: 245-7111
www.americanheart.org

American College of Obstetricians and Gynecologists:

For pregnant women
202-638-5577

Centers for Disease Control and Prevention

www.cdc.gov/tobacco
800-CDC-1311

NCI (National Cancer Institute)

http://cis.nci.nih.gov/fact/8_13.htm
http://cancer.gov (see also LiveHelp link)
http://smokefree.gov
800-4-CANCER

Office of the Surgeon General

www.surgeongeneral.gov/tobacco

Office on Smoking and Health (OSH)

National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
Mail Stop K-50, 4770 Buford Highway, NE.
Atlanta, GA 30341-3724
800-CDC-1311 (800-232-1311)
770-488-5705
Fax: 770-488-5939
Fax Information Service: 770-332-2552
http://www.cdc.gov/tobacco
E-mail: cdcinfo@cdc.gov

Hawai'i Department of Health

1250 Punchbowl Street, Room 217
Honolulu, Hawaii 96813
586-4613

Brochures:

- 1 *Think About It*
- 2 *Hawai'i Cessation Handbook & Resource Guide*
- 3 *Stop Smoking for a Healthy Baby*

Videos:

- 1 *Smoking: Getting Ready to Quit*
- AIMS Multimedia (15 min)
Age: Adult / gr. 9-12

Cessation Specialist Training Resources

University of Massachusetts

Basic Skills Training

Available online for \$100
This is level 1 of the 2-step specialist certification training developed by UMass.
Candidate receives certification by taking this online course
www.umassmed.edu/behavmed/tobacco/
or call 508-856-4099

University of Wisconsin

Free CME course, 1 hour
Treating Tobacco Use by Michael Fiore
www.cme.uwisc.org

MedEdCME.com

www.mededcme.com/tobacco.php
Online CME for physicians

To Access

US Public Health Service Clinical Guidelines: Treating Tobacco Use and Dependence: Clinical Practical Guidelines and Treating Tobacco...Quick Reference online:

www.cancer.gov (go to: Cancer Literature ~> NCI Publications ~> NCI Publications Locator ~> Tobacco Smoking ~> then look for titles)

www.ahrq.gov/path/tobacco.htm

Interactive Websites for Smokers

www.Smokefree.gov

Next Generation California Tobacco Control Alliance (NGA)

www.cessationcenter.org/index.htm
complete website to help health care practitioners learn more about smoking cessation

Other Training Programs

University of Hawai'i

Hawai'i Residency Programs' Tobacco Reduction Project / TREAT (Tobacco Reduction Education and Action Team): project to develop and implement curricula to train medical residents on 5A's and tobacco use reduction.

Cessation Programs for Providers

Quit Essentials

www.programstogo.com

Smoking Cessation Leadership Center

http://smokingcessationleadership.ucsf.edu/index.html